

# REBUILD ENDURANCE



## Energy, Sports & Fitness

### Recovery carb-protein drink for endurance sports.

#### KEY BENEFITS

- For use after aerobic exercise
- 188 kcal per serving
- Contains 36g specially selected carbohydrate and high quality dairy protein in each serving
- Protein contributes to the growth and maintenance of lean muscle mass
- Provides vitamins B1, B2, C and E, along with iron
- No artificial colours, flavours or sweeteners
- Casein and whey proteins are both high quality dairy proteins and are recognised for their excellent amino acid content.

#### HEALTH FACT:

Recovery is an important part of any workout or competition. Athletes are recommended to consume 1.0 - 1.5g/kg body weight of carbohydrate in the first 3 minutes after exercise to replace glycogen stores following prolonged endurance exercise.

#### USAGE

Mix 4 level scoops (50g) to 250ml of water. Shake vigorously. Consume within 30 minutes following aerobic activity.

*This product should be used as part of a balanced and varied diet in line with a healthy lifestyle.*

**We guarantee that every product from every batch produced is screened for prohibited substances by an independent third party. For your assurance, products may be tracked using the batch number on the product and checked at [www.koelnerliste.com](http://www.koelnerliste.com)**

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